



FASTING & PRAYER ONLINE GUIDE

February 23-April 3, 2021

Please Note:

Sundays are free from fasting restrictions. Eat wisely! However, throughout the entire Fast, refrain from profanity, negativity, and gossip. Where you have dietary restrictions because of health concerns, please follow your dietary requirements.

WEEK #1

TUE-SAT: 2/23-2/27

FAST: Meat, Sugary Drinks, Alcohol,
Desserts and Social Media

PRAYER: Focus on *A Renewed Heart*

Almighty God, you are the maker of hearts. I submit myself to your power. Create in me a clean heart and renew your right Spirit within me. Penetrate my stubbornness with your love and teach me to embrace your will in all things.

WEEK #2

MON-SAT: 3/1-3/6

FAST: Desserts, Sugary Drinks, Alcohol and Social Media

PRAYER: Focus on *Recovery, Restoration, Repair*

Lord, you are the mighty Repairer of the Breach. I do not need to know how you will mend the division, dysfunction, and schism in my body, my family, and the world. My faith says, "You Will!" Bless me to witness and rejoice in your mighty movement. I praise you in advance!

WEEK #3

MON-SAT: 3/8-3/13

FAST: Sugary Drinks, Dairy, Alcohol,
Desserts and Social Media

PRAYER: Focus on *Breaking Generational Curses*

Lord, lift us up with your strong right hand. Sever soul ties. Release us from the grip of strongholds. I cast down every substance, thought, habit, relationship, and institution that restricts us from the glory of your absolute power. I declare, my bloodline is free.

WEEK #4

MON-SAT 3/15-3/20

FAST: Bread, Dairy, Alcohol, Desserts and Social Media

PRAYER: Focus on *Family and Relationships*

Father and Sustainer, bless my relatives, relationships and offspring to call you their God. Thank you for teaching me to pray for them. I claim the power that rests in forgiveness, unity and love. Emotional healing is ours. Teach us to love and live in peace. Grant us the desire to worship you together and to lift each other up

WEEK #5

MON-SAT: 3/22-3/27

FAST: Meat, Sugary Drinks, Alcohol,
Desserts and Social Media

PRAYER: Focus on *Financial Freedom*

Jehovah Jireh, your blessings make me rich. Because I honor you with the first of my increase, you have honored me. Bless me and my bloodline to be free from the bondage of debt. Let us see restoration in proportion to our loss and bondage. You are the God who sets me free.

WEEK #6

MON-SAT: 3/29-4/3 (6 DAYS)

FAST: Meat, Sugary Drinks, Alcohol,
Desserts and Social Media

Mon-Fri 6:00 am - 6:00 pm

Eliminate all food.

PRAYER: Focus on *Gratitude and Thankfulness*

I am grateful to call you Lord, Savior,
and Ruler of my life. Thank you
listening to my prayers and honoring
my requests. Bless me to show my
gratitude in ways that honor you. Fill
me with humility so I remember to
appreciate those who bless me. I sing
your praises for all you have done
and all you are about to do.
